

Calendar of Activities – Eastern Suburbs

JANUARY TO MARCH 2020

It's a brand-new year!

Time to tell the JNC how we can assist you to try something new. We can help you explore new places and learn new skills, and also reconnect with people you have met during previous activities. We also welcome new ideas for activities.

| | | |
|---|---|---|
|  | <h3>Connect</h3> <ul style="list-style-type: none">✓ over coffee✓ at lunch✓ on the phone |  |
| <h3>Learn</h3> <ul style="list-style-type: none">✓ arts & crafts✓ digital skills✓ fishing |  | <h3>Explore</h3> <ul style="list-style-type: none">✓ new places✓ old favourites✓ new cultures |
|  | <h3>Get fit with</h3> <ul style="list-style-type: none">✓ gentle exercise✓ walking group✓ Tai Chi |  |

Enquire or book on **9349 8200**

\$10 per activity (excludes Knitting, Papercraft & Exercise groups)

Meal costs (and entrance fees, where applicable) are at your own expense.
If English isn't your home language, ask us - we may be able to connect you with services in your own language.

Calendar of Activities January to March 2020

TRIOS - small group outings

Small-group outings provided for three people in a car. Your small group decides together about the activity and destination. We offer activities designed for a full day or half day.



Monday Active Seniors Walking Group

8.30am-1pm FORTNIGHTLY

Be picked up from home and driven to a park or scenic location for a walk and morning tea at a café.

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|-----------|------------|------------|-------------|---------|----------|----------|
| 6 January | 20 January | 3 February | 17 February | 2 March | 16 March | 30 March |
|-----------|------------|------------|-------------|---------|----------|----------|

Wednesday Mystery Outing

8.30am-3.30pm WEEKLY

Call us to book your seat for a surprise destination within the Sydney area. We go for a short drive and then have lunch together.

| | | | | | | |
|---------------|------------|------------|-------------|-------------|----------|----------|
| Week 1 | 15 January | 29 January | 12 February | 26 February | 11 March | 25 March |
| Week 2 | 8 January | 22 January | 5 February | 19 February | 4 March | 18 March |

Thursday Trio

9am-3.30pm WEEKLY

For people who like to know the plans ahead of time!

| | |
|-------------|---|
| 23 January | Chinese Calligraphy & Painting Demonstration Bowen Library* |
| 30 January | Woollahra Library, lunch at Gaden Centre |
| 6 February | Generation Club: Blue Gum Cottage Day Care Centre visit |
| 13 February | Valentine's lunch at Kareela Golf Club |
| 20 February | Ferry across Sydney Harbour (Rose Bay to Barangaroo) |
| 27 February | Manly: National Park drive and lookout, lunch at Skiffies |
| 5 March | Generation Club: Blue Gum Cottage Day Care Centre visit |
| 12 March | Botanical Garden Sydney: Koalas @ The Calyx (artworks) |
| 19 March | Vaucluse House Living Museum |
| 26 March | The Coal Loader Sustainability Centre |

Friday Trio Mystery Group

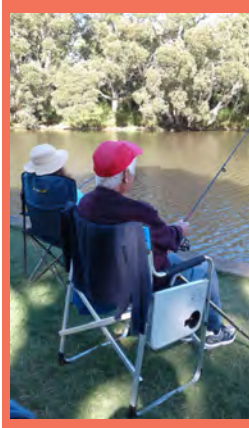
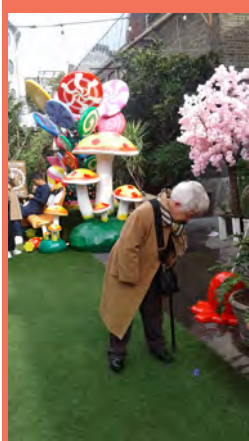
9.30am-3.45pm WEEKLY

| | | | | | | |
|---------------|------------|------------|-------------|-------------|----------|----------|
| Week 1 | 17 January | 31 January | 14 February | 28 February | 13 March | 27 March |
| Week 2 | 10 January | 24 January | 7 February | 21 February | 6 March | 20 March |

Calendar of Activities January to March 2020

SOCIAL BUS OUTINGS

Inspired by our passengers, the Day Away Group has been renamed the Friendship Bus. The service will continue to run every Tuesday for Waverley residents and every Wednesday for Randwick residents. Please see the timetable below for trip dates and details.



TUESDAYS Waverley Friendship Bus

Week 1 10am-3.30pm FORTNIGHTLY

| | |
|-------------|---|
| 14 January | Visit Mounted Police Redfern+lunch Paddo RSL |
| 28 January | Beverley Park Golf Club |
| 11 February | Cape Solander + lunch 1770 Bakery Café, Kurnell |
| 25 February | Vaucluse House, Vaucluse |
| 10 March | Cronulla RSL Club |
| 14 March | Sea Salt Café, Clovelly Beach |

Week 2 10am-3.30pm FORTNIGHTLY

| | |
|-------------|--|
| 21 January | Randwick Golf Club, Malabar |
| 4 February | Kokoda Track Memorial Walk+Café lunch, Concord |
| 18 February | The Juniors Kingsford, Sundeck Brass |
| 3 March | Canada Bay Club |
| 17 March | Maroubra Seals |
| 31 March | Sporties at Kareela Golf Club |

WEDNESDAYS Randwick Friendship Bus

Week 1 8.45am-2.30pm FORTNIGHTLY

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|-------------|--|
| 15 January | Manly-Warringah Rugby Leagues Club |
| 29 January | Doyles on the Wharf, Watsons Bay |
| 12 February | St George Leagues Club, Grange Buffet, Beverley Pk |
| 26 February | Kokoda Track Memorial Walk+Café lunch, Concord |
| 11 March | Canada Bay Club |
| 25 March | North Head Sanctuary+lunch Bella Vista Café |

Week 2 8.45am-2.30pm FORTNIGHTLY

| | |
|-------------|---|
| 22 January | Yarra Bay Sailing Club, Phillip Bay |
| 5 February | Beverley Park Golf Club |
| 19 February | Visit Carisbrook House, Lane Cove + lunch |
| 4 March | Bundeena RSL |
| 18 March | West's Leagues Club, Ashfield |

Calendar of Activities January to March 2020

SHOPPING OUTINGS - Thursdays

A fortnightly service to Eastgardens and Eastgate on Thursdays. We aim to start a service to Southpoint on Fridays in 2020. Interested? Please contact us.

Shopping & Brunch
Eastgate Bondi Junction

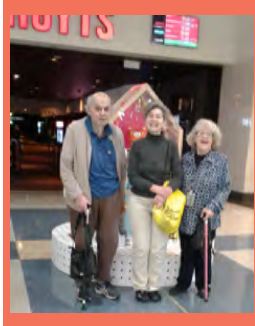
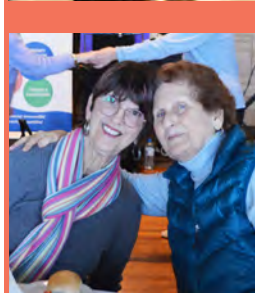
10.30am-2.30pm FORTNIGHTLY

| | | | | | |
|------------|------------|-------------|-------------|----------|----------|
| 16 January | 30 January | 13 February | 27 February | 12 March | 26 March |
|------------|------------|-------------|-------------|----------|----------|

Shopping & Morning Tea
Eastgardens, Pagewood

9.30am-1.30pm FORTNIGHTLY

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|-----------|------------|------------|-------------|---------|----------|
| 9 January | 23 January | 6 February | 20 February | 5 March | 19 March |
|-----------|------------|------------|-------------|---------|----------|



ACTIVITIES

A range of exercise and social activities at a very affordable cost.

Gentle Exercise Class 10am-11.30am OR 11am-12.30pm WEEKLY
Malabar Memorial Hall, 1203 Anzac Pde, Matraville **Tuesdays**

A fun social activity, suitable for people with varying levels of mobility. We offer an experienced trainer, transport to and from the venue and a healthy morning tea.

Commences 4 February 2020

Thanks for your feedback!
We are now offering this class for **\$6** a session

Knitting Group & Papercraft Group 12.30pm-3pm WEEKLY
Lionel Bowen Library, 669-673 Anzac Pde, Maroubra **Mondays**

Commences Monday 13 January 2020

Beading Group 10am-12pm WEEKLY
59 Newland Street, Bondi Junction **Thursdays**

If you need to cancel a booking, please call us as soon as you can. This will make it possible to offer your spot to someone else on our waiting list.